

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 3:00 pm

Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



Meals on Wheels would like to wish everyone with a Birthday in October a very Happy Birthday!



Monday, October 10th – No Meals on Wheels Delivery!

**see menu for details*

Fun Holidays to Celebrate in October!

Sweetest Day – October 15th



National Pumpkin Day – October 26th



National Candy Corn Day – October 30th



Halloween – October 31st



Saturday, November 4th – Blizzard Box Deliveries



Emergency pantry packs will be delivered on Saturday, November 4th, between 10:00 am and 12:00 pm to each Homebound Senior enrolled in the Meals on Wheels Program. Please keep these handy for when the weather makes it difficult to leave home and your Meals on Wheels delivery may need to be cancelled.



Thank you, Thrive Church!

Meals on Wheels would like to say a very big thank you to Thrive Church for their wonderful donation to the Meals on Wheels Program!

Pictured: Meals on Wheels Executive Director, Bridget Ajemian, and Pastor Tom Anderson from Thrive Church.

Community Events with Meals on Wheels Outreach Director, Candie!



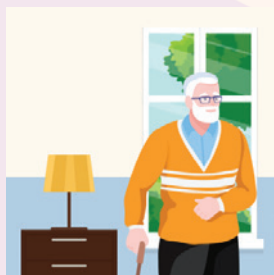
For the Livingston County Hunger Council Candie and Adam from Livingston County Catholic Charities, collected donations at the Lake Trust Credit Union, 'Turn Up the AMP' concert in downtown Brighton. The concert helped support the Livingston County Hunger Council food drive.

For the Livingston County Consortium on Aging, Candie and Nancy Nawrocki promoted the Caregiver Expo at the Howell Farmers Market. The Caregiver Expo “provides resources and educational sessions to help seniors and their caregivers find the resources they need to age safely and in place.”



Falls and Fractures in Older Adults: Causes and Prevention

By: National Institute on Aging



A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling—and fall-related problems—rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

Steps to take to prevent falls.

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are a few tips to help lessen your risk of falls and broken bones, also known as fractures:

- Stay physically active
- Try balance and strength training exercises
- Fall-proof your home
- Have your eyes and hearing tested
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep
- Avoid or limit alcohol
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell.

What to do if you fall

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- **Breathe.** Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- **Decide if you are hurt.** Getting up too quickly or in the wrong way could make an injury worse.
- **Crawl to a sturdy chair.** If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- **Slowly sit down in the chair.** Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- **Get help.** If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smartwatches also have this feature.